



Maine Youth Suicide Prevention

Education, Resources and Support—It's Up to All of Us.

Educational Trainings Sponsored
by the

Maine Youth Suicide Prevention Program

An initiative led by the Maine Center for Disease Control & Prevention,
Maine Department of Health & Human Services

Protocol Development Trainings

Gatekeeper Trainings

Training of Trainers

Lifelines Teacher Trainings

Coping and Support Training

Annual "Beyond the Basics" Conference

What You Can Do to Help Prevent Suicide

Get Involved

Promote suicide prevention efforts
in your school and community.

Get Educated

Learn about youth suicide and how
to prevent it.

Get Help

Use Maine Youth Suicide Prevention Program
resources to support your prevention efforts.

Suicide Prevention Educational Programs

Maine Youth Suicide Prevention Program

(MYSPP) is a program of the Governor and the Maine Children's Cabinet, with support from the Maine Center for Disease Control, Maine Department of Health & Human Services. Since 1998, the MYSPP has provided suicide prevention training and educational materials statewide to school personnel and others in direct contact with youth.

Advanced planning for the crisis presented by a youth suicide attempt or death can significantly improve the ability of school and agencies to respond quickly and effectively. The basic nature of the school setting lends itself to interventions that may not be possible elsewhere, but schools cannot address this issue alone. It is crucial to raise suicide prevention awareness community-wide in an effort to help youth at risk for suicide. MYSPP exists to help with the prevention efforts. To learn more about MYSPP, go to www.mainesuicideprevention.org.

Please share this brochure with other interested parties. A copy may be accessed online at: www.mcd.org/domestic/training.htm.

PROGRAMS AT-A-GLANCE

Gatekeeper Training

A full-day training for adults in school and community settings designed to 1) provide up-to-date information about suicide, 2) teach basic suicide intervention skills, 3) increase personal confidence and ability to effectively respond to suicidal behavior and 4) identify helpful resources.

“Training-of-Trainers”

Learn How to Present a Youth Suicide Prevention Awareness Session

A four-hour program available to those “gatekeepers” willing to facilitate one to two hour suicide prevention awareness sessions for co-workers and/or other community members. Easy-to-use packaged materials are provided. (*Gatekeeper training is a prerequisite before enrolling in this training.*)

Lifelines Teacher Training

Learn How to Teach Youth About Suicide Prevention

A full-day training program for health educators and others who will implement Lifeline student suicide prevention lessons in the school health curriculum. These lessons are aligned with Maine Learning Results Health Education Standards. They are part of a research-based, field-tested program that has been evaluated in Maine. (*Gatekeeper training is a prerequisite before enrolling in this training.*)

Suicide Prevention Guidelines Protocol Development Workshop

The likelihood of schools or youth serving agencies encountering a suicidal youth is real and few events are more painful or potentially disruptive. Protocols provide guidance on steps to take in order to safely assist youth and staff by providing them with direction, structure and support. This workshop is appropriate for schools and social service providers.

Beyond the Basics of Suicide Prevention Conference

April 4, 2008 - Bar Harbor

This will be our fourth annual advanced level training. It will include a choice of tracks addressing important aspects of suicide prevention such as self-injury, grief, clinical intervention, etc. *If you are interested in this conference, please indicate on the registration form and you will receive a detailed brochure in late winter.*

Coping And Support Training (CAST)

June 17 - 20, 2008 - Augusta

CAST is a high school-based suicide prevention program that targets young people ages 14-18 in grades 9-12. It is for students who evidence multiple risk factors and few protective factors for suicide and depression. CAST is a small group skills training intervention designed to enhance personal competencies and social support resources. This program's goals are to decrease suicide risk and emotional distress, drug involvement and school problems. To register call 622-7566 ext. 202. Cost: \$400.

Program Details

Youth Suicide Prevention Gatekeeper Training

What is Gatekeeper Training?

Gatekeeper Training is a day-long program designed as a basic introduction to suicide prevention, intervention, and postvention information and skills. Participants learn how to recognize suicidal behavior, how to respond and where to find help. The day provides a broad view of suicide prevention rather than how to do an in-depth clinical assessment of a suicidal individual. Professional/clinical back-up in support of gatekeepers is absolutely critical. While the focus is on youth, the skills learned are appropriate for work with people of any age.

Gatekeeper Training is a prerequisite to attending MYSPP sponsored Training-of-Trainers or Lifelines Teacher Training.

Who Should Attend?

This program is for any adult willing to learn how to recognize and respond to suicidal behavior. Anyone can learn to be a gatekeeper.

What's In It For You?

By the end of the training, you will benefit both personally and professionally through:

- Increased general knowledge about youth suicidal behavior.
- Increased ability to respond to a suicidal youth with specific, basic suicide intervention skills.
- Increased personal confidence and ability to effectively manage the aftermath of suicidal behavior.

Program Agenda 8:00 - 3:30
(Check-in and continental breakfast 8:00, lunch provided)

Morning Session 8:15 - 11:45

- The Nature of Suicide
- Myth/Facts/Attitudes
- Risk Factors, Warning Signs
- Responding to Suicidal Behavior

Afternoon Session 12:30 - 3:30

- Practice of Suicide Intervention Skills
- Working with Parents & Guardians
- The Aftermath of a Suicidal Event
- Survivors of Suicide
- The Importance of Self-Care

A Training of Trainers Learn How to Present a Youth Suicide Prevention Awareness Session

What is the "TOT"?

This training-of-trainers is a four-hour program designed to teach individuals how to facilitate a 60-90 minute suicide prevention awareness session. The TOT is designed to support your suicide prevention education efforts by increasing the knowledge of school staff and community members.

Who Should Attend?

Any individual who has attended a full-day gatekeeper training and is willing to assume the responsibility of helping to educate others about suicide prevention. It is best to attend with a partner who has also attended the Gatekeeper Training. *Gatekeeper Training is a pre-requisite for this program.*

What's In It for You?

- A comprehensive user-friendly training package
- Practice with program presentation

Training Outcomes

Participants will be able to:

- Name the important components of a basic suicide prevention awareness session.
- Define and teach the three basic steps to a suicide intervention.
- Organize and present a one to two hour suicide prevention awareness session.

Program Agenda 8:45 - 1:00
(Check in and continental breakfast 8:45, lunch provided)

Program Session 9:00 - 1:00

- Introduction to "Guiding Principles" of Suicide Prevention Education
- Review of Program Materials
- Group Activity Demonstration of How to Teach the Three Steps to a Suicide Intervention.
- Practice Presentations
- Identify/Review Resource Materials

Lifelines Teacher Training

Learn How to Teach Youth About Suicide Prevention

Protocol Development Workshop

What are the Lifelines Student Lessons?

The Lifelines Student Lessons are organized into four 45-minute lesson plans and are easily adapted to two 90-minute lessons. The lessons are taught by classroom teachers in an interactive style. While developmentally appropriate for 8th-12th grades, the lessons are best suited for grades 8-10. Students discuss the critical role they play in responding to their friends. They are taught to identify suicidal behavior, provide an appropriate response, know how to obtain help for their friends and themselves, and most importantly, to be inclined to take such action. To maximize safety, the lessons should be implemented only after all the other components of a comprehensive suicide prevention program are in place.

Who Should Attend?

Lifelines Teacher Training is for health educators and others implementing the Lifelines student lessons within the school health curriculum. *Gatekeeper Training is a pre-requisite for this program.*

If suicide prevention is a new topic for the instructor, it is recommended that he/she present it with a teaching partner. The partner can be anyone else who attended Gatekeeper Training. School nurses, guidance counselors, social workers, other experienced teachers or other interested persons have made good partners.

What's In It for You?

- Teaching Materials
- Increased understanding of recommended ways of teaching youth how to prevent suicide.
- Increased personal comfort level with ability to provide program fidelity through a process of demonstration, practice, and feedback opportunities.

Program Agenda 8:00 - 3:30

(Check-in/refreshments 8:00, lunch provided)

Morning Session 8:15 - 11:45

- Rationale for Lifelines Program and how it fits within comprehensive approach to youth suicide prevention.
- Review Contents of Lifelines Lessons on how they fit within an interactive teaching model.
- Demonstrate and discuss Lessons one and two.

Afternoon Session 12:30 - 3:30

- Lessons three and four reviewed, demonstrated and practiced.
- Participant questions and comments.

What is the Protocol Development Workshop?

This workshop is designed to help key staff (decision makers) in schools, youth serving programs and mental health and substance abuse agencies to do proactive planning to establish guidelines for how to intervene when presented with suicidal behavior, both non-fatal and fatal. Schools and youth serving programs will focus on prevention, intervention and postvention guidelines, while mental health and substance abuse agencies will focus primarily on postvention protocols.

Who Should Attend?

The individuals responsible for Crisis Coordination and management of emergencies in schools, youth serving programs and mental health and substance abuse agencies will be well served by this workshop. The value of the workshop will be greatly increased if each school, program, or agency sends a minimum of 2-3 key staff (i.e. administrators, social workers, school nurses, guidance counselors, school resource officers, etc).

What's In It for You?

- Increased understanding of the importance of establishing guidelines.
- Guided discussion (via questionnaire) to help you initiate protocol development.
- Sample guidelines to help you establish your own protocols and guidelines.

Program Agenda 8:45 - 1:00

(Check-in and continental breakfast at 8:45, lunch provided)

Program Session 9:00 - 1:00

- Brief overview of components of a comprehensive suicide prevention plan.
- How protocols address liability issues.
- Questionnaire to guide discussion about protocols.
- Small group work to begin the process of creating guidelines.

Maine Youth Suicide Prevention Trainers

Linda Williams, MA, is the Training and Education Project Director for the Maine Youth Suicide Prevention Program. She has worked as a middle school teacher in Michigan, Coordinator of Maine's Statewide Network of Peer Helping Programs, as an Education Specialist and the Prevention Team Manager at the Maine Office of Substance Abuse. Her expertise is in the areas of child abuse, substance abuse and youth suicide prevention.

Greg Marley, MSW, is a consultant from Rockland with extensive experience in the mental health field. Greg has worked as a crisis intervention specialist and manager of the Mid-Coast Mental Health's Mobile Crisis Services Unit. Currently he works part-time as a Crisis Intervention Team trainer for NAMI Maine while developing his Mushrooms for Health business.

Susan O'Halloran, BS.Ed., Family Systems Certified, is an educator and certified suicide prevention gatekeeper trainer. She is employed part-time as a consultant with Medical Care Development in Augusta, and is primarily responsible for the design and delivery of a variety of suicide prevention education programs for the Maine Youth Suicide Prevention Program.

Jean Zimmerman, MS, is a health education consultant with the Maine Department of Education. She is a former physical education and health educator having taught at Bonny Eagle High School for eleven years. Jean has taught the Lifelines program in her classes and now participates in the teacher training for the Lifelines Students Curriculum.

Program Questions

To contact us with program related questions:

Linda Williams
lwilliams@mcd.org
622-7566, ext. 243

How MYSPP Supports Different Elements of a Comprehensive School-based

Youth Suicide Prevention Program:

1. **Administrative Protocols or Procedures** in place for how to respond to students at risk of suicide, those who threaten, attempt, or die by suicide.

*MYSPP has developed **Youth Suicide Prevention, Intervention and Postvention Guidelines, A Resource for School Personnel**,*

available on the MYSPP website:

<http://www.maine.gov/suicide/sinfores.htm>

or by calling 1-800-499-0027.

2. **Partnership(s)** with local/regional mental health crisis agencies to ensure the necessary connections for managing suicidal behavior are made.

This partnership is established by each school system with the local/regional crisis service providers. Samples and memorandums of agreement are included in above-mentioned guidelines.

3. **School-wide Awareness Education** for all faculty and staff covering suicide prevention facts, warning signs, school resources and procedures, and how to respond to at-risk students. Key staff and those teaching the student curriculum need Gatekeeper Training and other additional training as necessary. Information is available for community members including parents.

MYSPP offers this annual calendar of Gatekeeper Trainings statewide. MYSPP also offers regional "Training-of-Trainers" to those who have attended a Gatekeeper Training and want to learn how to present short (60-90 minute) suicide prevention awareness programs to co-workers and/or community members.

4. **Classroom Lessons** for the students focusing on warning signs, suicide facts, school and community resources, and how to respond to at-risk peers. Classroom lessons should be implemented only after the other elements are in place.

MYSPP sponsors "Lifelines Teacher Training" for health educators and others who will be introducing suicide prevention within the comprehensive health education program.



Maine Youth Suicide Prevention

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Information Common to ALL Programs

CEUs & Certificates

Everyone receives a certificate of attendance documenting the hours of training. Most find this is all that is necessary to receive credits from local school systems or agencies. The full-day programs provide approximately 6.5 contact hours, the TOT 3.5 hours and the conference approximately 6.

For Gatekeeper Training: the American Nurses Association of Maine, an accredited approver of the American Nurses Credentialing Center's Commission on Accreditation has approved 6.6 contact hours for this continuing nursing education activity. This training also has been approved for Social Work and Psychologist CEUs. Maine EMS awards 4.5 category 1 and 3.0 category 2 CEHs.

Confirmation and Cancellation

Confirmation and directions to program location are sent approximately one week prior to the program. We do this by e-mail whenever possible so please provide your e-mail on the registration form. We cancel if the numbers of registrations do not meet our minimum requirements and we will also let you know if you register after the program quota has been filled. We cancel in the event of a major storm and will make every effort to contact you. For information on cancellations, call Joanne @ 622-7566, ext. 202.

Important Registration Information

- ▶ **If fee is to be paid by school system or agency, submit registration form to Medical Care Development, and then submit a copy of your registration to your accounts payable department and ask that it be included with payment.**
- ▶ Pre-registration is required.
- ▶ You may register on-line, by fax or mail.
- ▶ See Registration form for details.
- ▶ Please provide all information. Your e-mail is used only to confirm your registration and on a participant list. Your home phone is used only in the event of a cancellation due to a storm. It will not be published.

Refunds

Registration fees will be refunded only if you cancel with five (5) business days advance notice. Payment is expected in the absence of a timely cancellation. No-shows will be billed.

Beyond the Basics Conference Protocol

Directions will be included in the program brochure which will be mailed in January. Cancellation would occur only in extreme weather conditions.

Special Requirements

Locations are handicapped accessible. Call Joanne De Campos at 622-7566, ext. 202 in advance if you require special accessibility, accommodations, food, a sign language interpreter or have any other needs.

DHHS Non-Discrimination

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinator, State House Station #11, Augusta, Maine 04333, 207-287-3488 (V), 207-287-4479 (TTY). Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This notice is available in alternate formats, upon request.



Registration Form

Advance registration is required. Program Enrollment is Strictly Limited

If possible, please register online at: www.mcdregistration.org

Registration Fees

Gatekeeper Training \$50
Training of Trainers \$30
Lifelines Teacher Training . . . \$50
Protocol Development \$30
Annual Conference \$60

I plan to attend the following programs:

Check date(s) below:

- Gatekeeper
- TOT
- Lifelines
- Protocol Development

To Register

Name _____

Job Title _____

School/Organization _____

SAD, Union, Consolidated _____

Work Address _____

Phone: Work _____ Home _____
(used for cancellations)

Fax: _____

Email: _____
(used for registration confirmation & participant list)

Register On Line

Go to: www.mcdregistration.org

Fax or Mail Form

Fax to (207) 622-3616 then promptly mail with payment:
Medical Care Development
Attn: Joanne De Campos
11 Parkwood Drive, Augusta, ME 04330

Registration Questions? Call or E-mail:

Joanne De Campos (207) 622-7566, ext. 202
jdecampos@mcd.org

Payment

- Check \$ _____ payable to MCD enclosed
- Charge \$ _____ to MasterCard or Visa
Card Number _____
Visa 3-digit v-code (on back of credit card) _____
Expiration Date _____
Signature _____

Internet Access to Brochure

<http://www.mcd.org/suicide.asp>

Please send me more information on:

- Beyond the Basics of Suicide Prevention Conference

Gatekeeper Trainings ~ \$50 ~ Check 1 only

<u>Date</u>	<u>Town</u>	<u>Location</u>
<input type="checkbox"/> August 21	Augusta	Medical Care Development
<input type="checkbox"/> September 25	Camden	Lord Camden Inn
<input type="checkbox"/> October 24	Orono	Black Bear Inn
<input type="checkbox"/> December 3	Portland	Holiday Inn West
<input type="checkbox"/> February 27	Lubec	Regional Medical Center
<input type="checkbox"/> March 12	Augusta	Medical Care Development
<input type="checkbox"/> April 23	Farmington	Franklin Memorial Hospital

TOT Trainings ~ \$30 ~ Check 1 only

<u>Date</u>	<u>Town</u>	<u>Location</u>
<input type="checkbox"/> August 22*	Augusta	Medical Care Development
<input type="checkbox"/> October 2	Orono	Black Bear Inn
<input type="checkbox"/> January 10	Portland	Holiday Inn West
<input type="checkbox"/> March 5	Ellsworth	Holiday Inn - Ellsworth
<input type="checkbox"/> April 30	Farmington	Franklin Memorial Hospital

***Cost is \$15 if you attend August 21 Gatekeeper Training**

Lifelines Teacher Trainings ~ \$50 ~ Check 1

<u>Date</u>	<u>Town</u>	<u>Location</u>
<input type="checkbox"/> November 7	Orono	Black Bear Inn
<input type="checkbox"/> January 24	Portland	Holiday Inn West
<input type="checkbox"/> March 26	Augusta	Medical Care Development

Protocol Development ~ \$30 ~ Check 1

<u>Date</u>	<u>Town</u>	<u>Location</u>
<input type="checkbox"/> October 4	Portland	Holiday Inn West
<input type="checkbox"/> November 14	Orono	Black Bear Inn
<input type="checkbox"/> February 14	Augusta	Medical Care Development

Confirmation & Cancellation

Confirmation and directions to the location will be sent approximately one week prior to the program. Look for them! We cancel if registrations number fewer than 15 or in the event of a major storm. We will make an effort to contact you. For information on cancellations call Joanne @ 622-7566, ext. 202.



Maine Youth Suicide Prevention

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The Maine Youth Suicide Prevention Program is an initiative of the Maine Children's Cabinet, supported by the Departments of Corrections, Education, Health & Human Services, Labor and Public Safety.

MYSPP strategies are designed to:

- ◆ Increase awareness of how to prevent youth suicide
- ◆ Increase access to prevention and treatment services
- ◆ Educate adults and youths about suicide prevention and intervention
- ◆ Provide skill building and supportive services to youth at high risk
- ◆ Encourage efforts that promote youth development

Statewide Resources Include:

- ◆ Statewide Crisis Hotline (1-888-568-1112)
- ◆ Statewide Information & Resource Center (1-800-499-0027)
- ◆ Print Materials & Public Service Announcements
- ◆ Data Collection, Analysis and Dissemination
- ◆ Workshops/Training Seminars, Conferences
- ◆ Guidelines & Assistance for Schools and Communities
<http://www.mainesuicideprevention.org>
- ◆ Media Guidelines for Reporting on Suicide
- ◆ Lethal Means Education

Maine Department of Health & Human Services
Maine Center for Disease Control & Prevention
5th Fl., Key Bank Plaza, 286 Water Street
11 State House Station
Augusta, ME 04333-0011

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